



MyPyramid Audio Podcasts

Selections from the Freezer Section

[Intro Music] Welcome to MyPyramid Podcasts, brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host, and I'll be sharing tips you can use everyday to eat right and get active.

[Sound Effects: cash register/supermarket, blizzard] Brrrr. Got the chills? Today, I'll explain how to make some wise choices in the freezer section. There's more to this aisle than the frozen desserts, frozen meals, and ice. Check out the veggie section too. There's a huge variety of veggies waiting for you that might not be available in the market's Produce Section. Having frozen vegetables makes preparation simple and easy. Don't forget to store up on frozen fruits too. Frozen berries and peaches are great for making quick and delicious smoothies anytime. Simply toss in the frozen fruit, add fat-free or low-fat yogurt or milk and blend. Yumm, tastes great!

That's it for today. To find out more information about eating and living healthy, go on our website at MyPyramid.gov for more great tips. See you next time!